

# CONSUMER HIGHLIGHTS

## NOVEMBER 2000

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NOVEMBER CALENDAR  
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## **TURKEY FUNDAMENTALS**

Okay, so it's your turn to host the annual Thanksgiving feast for the entire family. You've known for three years that your time was coming, but the advance warning hasn't increased your comfort level. Aunt Sara has been cooking turkeys for forty years, and Cousin Rachel is a gourmet cook. Can you tackle a turkey without being traumatized?

Believe it or not, taking care of "Tom" isn't that tough. Just follow our "Turkey FUNdamentals" and your bird will turn out fine without a lot of toil and trouble. The experts at USDA's Meat and Poultry Hotline say that each November, both novice and experienced cooks have the same basic questions on preparing a turkey. Here are the answers.

### **How Big a Turkey Should I Buy?**

You'll need about one pound per person, or a pound and a half per person if you have hearty eaters or want ample leftovers. If you're having an "open house" and you're not quite sure how much meat you'll need, you could cook and carve an extra bird a few days ahead.

### **When Should I Buy the Turkey?**

While the quality and taste of frozen and fresh turkey are quite similar, the keeping time is not. A frozen turkey can be purchased months in advance, but a fresh bird should be bought only 1 to 2 days ahead.

### **What Kind of Turkey Should I Buy?**

There are basically two types of raw birds to choose from - a prebasted bird (typical ingredients include vegetable

oil, broth, spices) or an unbasted bird to which nothing has been added. Personal preference usually dictates this choice.

USDA Grade A is the highest quality grade for poultry and the one commonly found in stores. Grade A poultry has good shape/structure, fat covering, and is free of pinfeathers and defects such as cuts or bruises.

### **Is a Tom Better than a Hen?**

Age, not gender, is the determining factor for tenderness. All turkeys in the market are young, usually 4-6 months old. A hen generally weighs less than 16 pounds and a tom is usually over 16 pounds.

### **How Long Will It Take to Defrost A Turkey?**

It's best to defrost your turkey in the refrigerator. The rule of thumb is a minimum of 24 hours of defrost time for every 5 pounds of turkey. Thus it can take 4-5 days to defrost a 20-pound turkey. A completely thawed bird will last for an additional 1 to 2 days in the refrigerator once defrosted.

If you need to speed up defrost time, it is safe to defrost the bird in a large utility sink of cold water. Submerge the wrapped bird in cold water. Check or change the water every 30 minutes to make sure the water remains cold. Allow 30 minutes per pound to defrost this way.

### **How Long Should I Roast the Turkey?**

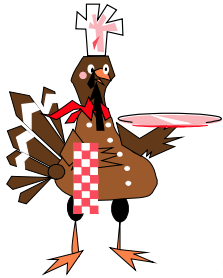
Roughly 15-18 minutes per pound for an unstuffed bird, and 18-24

minutes per pound for a stuffed bird.  
Have your oven preheated to 325° F.

USDA Food Safety and  
Inspection Service  
Holidays 1992

### **ABRACADABRA!**

This Thanksgiving be a **"TURKEY GENIE-US!"**



Call the USDA Meat and  
Poultry Hotline With Your Food Safety  
Questions

**1-800-535-4555**

Washington, DC **720-3333**

- M-F, Nov. 1-30, 9-5, ET
- Sat-Sun, Nov. 19-20, 9-5 ET
- Thanksgiving Day, Nov. 24, 8-2, ET
- M-F year-round, 10-4 ET

**24-hour recorded messages are available anytime!**

A public service of this publication and the U.S.  
Department of Agriculture

### **DIETARY GUIDELINES 2000**

The latest edition of the USDA/USDHHS publication, *Nutrition and Your Health: Dietary Guidelines for Americans*, was released in June. The Guidelines are organized around three easy-to-remember messages that are called the ABC's for your health and that of your family:

### **Aim for Fitness Build a Healthy Base Choose Sensibly**

Within these three messages are ten guidelines intended for children ages two and older and adults of all ages. The guidelines are designed to promote health and reduce risk for chronic diseases. The ten guidelines are:

#### **Aim for Fitness**

Aim for a healthy weight.

Be physically active each day.

#### **Build a Healthy Base**

Let the Pyramid guide your food choices.

Choose a variety of grains daily, especially whole grains.

Choose a variety of fruits and vegetables daily.

Keep food safe to eat.

#### **Choose Sensibly**

Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.

Choose beverages and foods to moderate your intake of sugars.

Choose and prepare foods with less salt.

If you drink alcoholic beverages, do so in moderation.

The Dietary Guidelines take a very positive approach in encouraging people to enjoy a lifestyle that promotes health.

The publication is available from the U.S. Department of Agriculture in PDF format at:  
<http://www.nal.usda.gov/fnic/>

ENAFS Connection  
 Newsletter – 9/00

## **'TIS THE SEASON OF FOOD, NOT A REASON TO FRET**

If you're gearing up to starve yourself so you can enjoy all your Thanksgiving favorites, it's not necessary or a good idea. Thanksgiving comes around once a year and for many people the food is the most important part of the tradition. It's okay to enjoy yourself and splurge a little. But there are several things you can do to balance things out and avoid overdoing it.

### **Party "Tid-Bites"**

Any foods, especially traditional holiday treats, can fit into a healthful eating plan. The secret is to be sensible and flexible with your choices. Whether you're eating at grandma's house or a restaurant, these party tips can help keep you on track:

- **Be realistic.** Deciding to lose weight over the holidays may be a losing game. Strive to maintain your weight instead.
- **Balance what you eat with other meals throughout the day.** If Thanksgiving dinner is scheduled for 5:00 p.m., eat a small, lower-calorie breakfast and lunch so you can enjoy your favorites without overdoing it.
- **Don't deprive yourself of your favorites.** Make it a balancing act. Perhaps skip the salad with dressing--you can have one any day of the year--and go for that homemade

stuffing. Or, balance your favorites with low-calorie foods, such as vegetables with a small amount of dip or boiled shrimp with lemon.

- **Watch the portion sizes.** If you have two dinners to attend, go for small portions so you have room for the second meal. And, if it's a buffet, be selective. Choose only the foods you really want and keep the portions small.
- **Don't forget dessert.** So many pies to choose from--pumpkin, apple, cherry. If you choose to go a la mode, use low-fat frozen yogurt or reduced fat ice cream instead of regular ice cream. Try low-fat whipped cream or whipped evaporated skim milk as a topping. Or, just enjoy **one** slice.

### **Get Portion Savvy**

"Watch your portion sizes!" But, what's the right portion? It's important to keep tabs on portion size--because it's the portion, or serving size that determines the number of calories. Even low-fat foods can add up to a hefty calorie count when portions get big.

A good planning guide is the Food Guide Pyramid with its five food groups. But, you still need to know what counts as one serving. A slightly bigger portion may count as more than one serving and a smaller portion, as just a partial serving. Judging a serving size takes practice and many times we underestimate. Here's some visual comparisons to make quick guesses of serving sizes during the holiday season:



***This serving...******Is about the size of...***

3 ounces of meat, poultry or fish

deck of playing cards

1 ounce of meat, poultry or fish

matchbox

1 cup fruit, yogurt

baseball

½ cup vegetables, pasta, rice or fruit

½ baseball or tennis ball

1 medium potato

computer mouse

1 cup chopped fresh leafy greens

4 lettuce leaves

1 ounce cheese

four dice

1 teaspoon fat

tip of your thumb

**Get Moving**

Physical activity is vital to health and fitness all year long. The crisp days of autumn make Thanksgiving the perfect time to take a brisk walk with family and friends. Schedule a walk for after dinner or during half-time from your football game.

**Have Fun!**

Thanksgiving is only once a year and if you want to enjoy your favorites you can. Enjoying a traditional holiday meal or party foods with family and friends doesn't need to destroy healthful food habits you've nurtured all year long.

American Dietetic  
Association – 10/15/00



**WHERE ARE YOUR CHILDREN  
WHO ARE THEY WITH  
WHAT ARE THEY DOING**

The Education Sub-Committee of the Santa Rosa County Violence Prevention Roundtable is promoting an awareness campaign for parents and children. The campaign slogan is **Where are YOUR**

Children, Who are they with, What are they doing?@ This is a simple reminder that parents need to be aware of their children=s whereabouts, friends, and activities.

This campaign will be going on for the next year and we are asking that everyone help us to promote and publicize it. Please help us by doing whatever you can to get the message out.

Suggestions include placing the logo and slogan on bulletins, mailouts, billboards, marquees, bulletin boards, and posters, and discussing it at any meetings or organizations that you attend.

If you would like additional information about this campaign please contact Vickie B. Mullins at 623-3868 or 939-1259, Ext. 1360.

Vickie B. Mullins  
Extension Agent-4-H

**GARDENER'S CORNER**

Fall has arrived along the Gulf Coast, and with it comes the need to a "change gears" with our gardening practices. There is still plenty to do, but cool season gardening is quite different than things done during the warm season.

**November Tips**

•Prepare beds for winter flowers and visit local nurseries and garden centers. Cool season bedding plants are arriving. Purchase and establish stocky plants of pansies, snapdragons, petunias, statice, delphinium, dianthus and other hardy flowers.



•Continue planting the winter garden. There are many vegetable that can be started this month including: beets, broccoli, collard, turnips, mustard, cabbage, lettuce, radish, kohlrabi, brussels sprouts, carrots, kale, leek, onions, parsley, spinach and strawberry.

•This is one of the most ideal times to transplant container grown woody ornamentals (trees, shrubs, vines and groundcovers).

•Looking for fall color in the landscape? This is the time of year to identify local plants that yield the best fall leaf color. Take a ride, or a walk, and see what's showing up well this fall. Some to consider for planting include: black gum, hickory, dogwood, crape myrtle, sweetgum, oakleaf hydrangea and red maple.

•November usually has some of the most ideal temperatures for spraying horticultural oil emulsion. A fall application can help to control several pests on ornamental shrubs.

•Allow the permanent lawn (centipede and St. Augustine, in particular) to gradually go dormant by withholding any fertilizer that contains high levels of nitrogen. If fertilizer is applied this late in the season, choose one with relatively high levels of potassium - not phosphorus or nitrogen.

•The first frost or freeze often occurs during mid to late November. Make plans to protect tender tropical and subtropical potted plants. Keep a close eye on the weather and move them in before temperatures drop into the low 40s.

## Another New Publication!

This is one that Extension Agents and gardeners have been looking for. Common Florida Mushrooms is a 342 page book by our Extension mycology expert. Agents have relied on Dr. James Kimbrough's expertise for years, as he helps us to identify mushrooms. Now, much of that knowledge is available in print.

Vivid full-color photos assist identification in this color-tabbed reference, which also describes special features and habitats. A section on cooking with mushrooms, complete with recipes, makes this field guide a necessary addition to the mushroom-lover's library.

Order this publication (SP256) by calling (352)392-1764. To order by credit card, call 1-800-226-1764. Or shop the on-line catalog at [IFASbooks.ufl.edu](http://IFASbooks.ufl.edu).

Dan Mullins  
Horticulture Agent



## **RECIPES**

### **APPLE SLAW**

- 1 unpeeled red apple, cored and chopped
- 4 c. shredded cabbage
- ½ c. red onions, chopped
- 1 green sweet pepper, chopped
- ½ c. fat-free, light vanilla yogurt
- 2 Tbsp. orange juice
- pinch cinnamon

Combine all ingredients in a medium-sized mixing bowl. Refrigerate until ready to serve.

Serves 4. Each serving (1 cup): 88 calories, <1 g fat, 0 g saturated fat, 2 mg cholesterol, 36 mg sodium, 19 g carbohydrate, 3 g fiber, 3 g protein, Diabetic exchange: ½ starch, 1 vegetable.

### **PUMPKIN CHIFFON PIE**

- 2¾ c. cold skim milk
- 2 pkgs (1.5 ounces *each*) instant sugar-free vanilla pudding mix
- 1 can (15 oz.) solid-pack pumpkin
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground cloves
- 1 reduced-fat graham cracker crust (9 inches)
- Light frozen whipped topping and additional cinnamon, optional

In a mixing bowl, combine milk and pudding mix. Beat for 1 minute (mixture will be thick). Add pumpkin and spices; beat 1 minute longer. Pour into pie crust. Cover and refrigerate for 2 hours or until firm. If desired, garnish with whipped topping and sprinkle with cinnamon.

Yield: 8 servings. Nutritional Analysis: one serving (without garnish) equals 217 calories, 684 mg sodium, 1 mg cholesterol, 42 g carbohydrate, 4 g protein, 3 g fat. Diabetic Exchanges: 2½ starch, ½ fat

### **MARBLED POTATOES**

- 1 lb. red potatoes
- 1 lb. sweet potatoes
- 2 large scallions, chopped
- ¼ c. margarine
- ½ c. plain low-fat yogurt
- ½ c. light whipping cream, whipped
- Nutmeg to taste
- 1 tsp. salt
- ½ tsp. pepper
- ¼ c. fresh bread crumbs
- 2 Tbsp. melted margarine
- 2 Tbsp. minced fresh parsley

**Cook** the red potatoes and the sweet potatoes separately in water to cover in saucepans until tender; drain. Cool slightly and peel. Mash in separate bowls.

**Sauté** the scallions in ¼ cup margarine in a skillet until tender. Stir half the scallions into each bowl of potatoes.

**Whisk** the plain yogurt with the whipped cream in a bowl. Fold half gently into each bowl of potatoes. Add half the nutmeg, salt and pepper to each bowl.

**Layer** the potatoes ½ at a time in a greased 1 quart soufflé dish. Swirl with knife to marbleize. Sprinkle with a mixture of the bread crumbs, melted margarine and parsley.

**Bake** at 350 degrees for 30 to 35 minutes or until the topping is golden brown.

**Note:** 6This casserole freezes well before baking.

The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.

Sincerely,

Linda K. Bowman, R.D., L.D.  
Extension Agent IV  
Family & Consumer Sciences  
Santa Rosa County

LKB:etc